



LRCS
**FAMILY RESOURCE
CENTER**

Engage. Empower. Inspire.

Active Parenting of Teens

For parents of teens and 'tweens

Purpose: To provide training and support for families experiencing the dynamic changes of teenage development and to help parents and other caregivers prepare teens and preteens to survive and thrive in a democratic society.

Active Parenting of Teens will give you the guidance and support you need to turn the challenges of raising a teenager into opportunities for growth.

You will learn:

- Methods of respectful discipline
- Skills for clear, honest communication
- Concrete strategies to prevent risky behavior
- How to be an encouraging parent
- Insight on issues such as teens online, bullying and depression



When: Tuesday evenings from 6:00-8:00 pm, Dinner served at 5:30pm.

6 week series begins November 26, 2019 (no classes 12/24 & 12/31)

Where: The Family Resource Center, 719 No. Main Street, Laconia, NH

To register: Contact Tricia T. at **528-0391** or e-mail tricia.tousignant@lrsc.org

Limited on-site childcare and assistance with transportation available upon request.